



September Awareness Events

National Suicide Prevention Month

This month is dedicated to raising awareness about **Suicide Prevention**. Suicide is a problem that touches the lives of many Americans. Over the past twenty years, suicide rates have steadily risen in the United States, and suicide currently ranks as the 10th leading cause of death among all ages.

Talking about suicide can be difficult. The need to minimize stigma and increase access to treatment for those having suicidal thoughts remains great. One recent change making it easier for people to access mental health crisis services is the activation of the **988 Suicide and Crisis Lifeline**.

Mental health professionals play an important role in offering hope and ensuring that individuals have access to the help they need. Below are some useful resources for gaining more information about 988, crisis care services, and best practices in the field.

- [Southeast MHTTC Crisis Care & 988 Resource Page](#)
- [Suicide Prevention Resource Center \(SPRC\)](#)
- [SAMHSA Resources](#)

National Recovery Month

National Recovery Month, held every September, has promoted and supported recovery practices and the vibrant recovery community since 1989. In an effort to increase public awareness around mental health and addiction recovery, throughout September SAMHSA will host several events, announce recovery-focused initiatives and grant funding, and celebrate individuals in recovery. **Click here** to learn more about **SAMHSA's activities this month**.

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National Hispanic Heritage Month

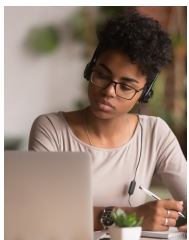
National Hispanic Heritage Month, observed annually from September 15 to October 15, celebrates the diverse history, heritage, and contributions of Hispanic and Latino Americans. What began as a one-week commemoration in the late 1960s was expanded to 30 days and formally recognized as National Hispanic Heritage Month in 1988. Join us as we recognize the immeasurable contributions of the Hispanic and Latino community during this month. For more information about mental health awareness and promotion resources for Hispanic and Latino populations, please visit the [National Hispanic and Latino Mental Health Technology Transfer Center](#).

Upcoming Events

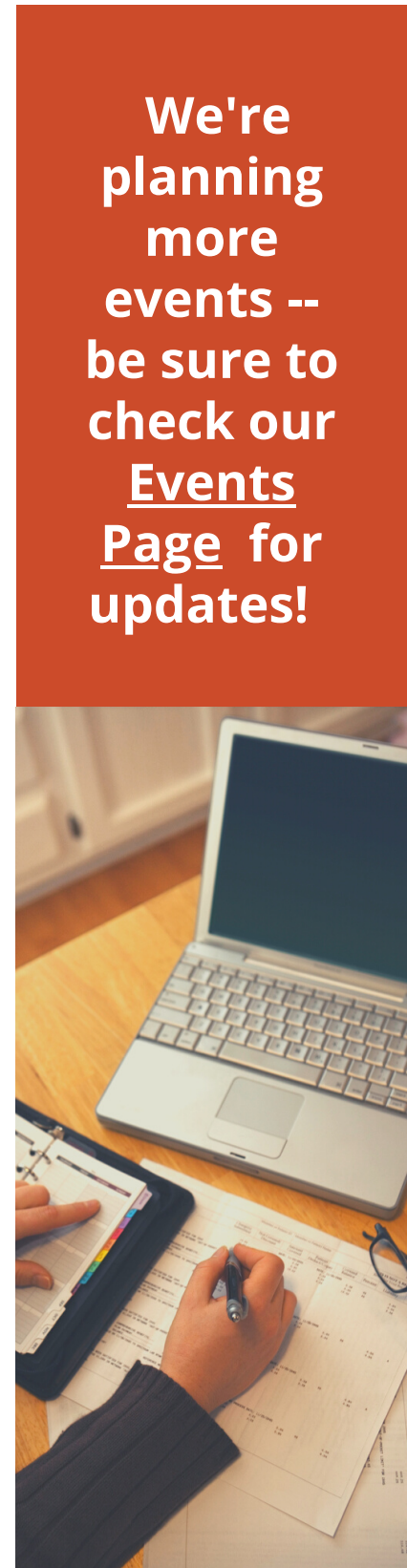
- Join **SAMHSA, the National Council for Mental Wellbeing, and Vibrant Emotional Health** on September 12th | 3 PM (ET) as they discuss the launch of 988. Key leaders will share about recent 988 successes, continued efforts to support 988, lessons learned, and the vision for 988 moving forward.

>> **988 Celebration Webinar**
Monday, September 12 | 3:00 - 4:00 PM (ET)

[Register Here](#)



ICYMI: Weren't able to join the live event. Don't worry, we record all of our trainings and post the recordings on our website, typically 3 days after the live event. Visit [our website](#) to access our on-demand recordings.





Recent Products

On Demand Recording & Accompanying Print Media:

- **Why People Stay: Workforce Retention in Community Behavioral Health** - Staff turnover has long been a problem in the mental health field and can be costly for organizations, mental health workers, and the clients they serve. While we know a great deal about why people leave, less is known about why mental health workers stay. In this recording, Dr. Salyers shares potential reasons individuals remain in their jobs, even during trying times, discusses how turnover and retention may have different predictors, and identifies factors that support long term retention.

[Access Resource](#)

Print Media:

- **Peer Perspectives: Navigating, Utilizing and Providing Crisis Services** - This infographic defines crisis services and outlines the role of Certified Peer Specialists in crisis care. It reviews evidence-based crisis services involving peers and identifies ways peers can support themselves and others in a crisis. This product serves as a companion to our Perspectives in Mental Health Crisis four-part series examining the experiences of Certified Peer Specialists (CPS) as they navigate, utilize, and provide crisis services.

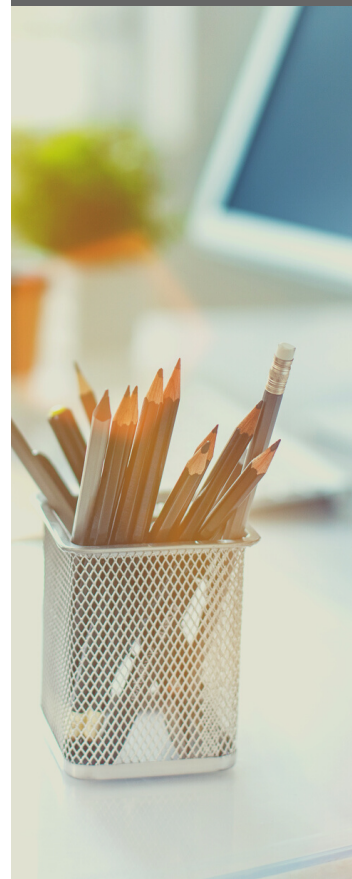
[Access Resource](#)

On Demand Recording:

- **Community Resiliency Model (CRM) for the Behavioral Health Workforce** - The Community Resiliency Model (CRM)[®] is a skills-based wellness and prevention program that provides a biological, non-stigmatizing perspective on normal reactions to stress and trauma. In this recording, the facilitators help participants understand their nervous system and learn to track sensations connected to their own wellbeing. This low-intensity intervention teaches easy-to-learn skills to manage difficult emotions brought on by stressful personal or professional situations.

[Access Resource](#)

Resources are added each week. Be sure to visit our [website](#) for the latest product.





Region IV Corner

- **Recovery Innovation Challenge Finalists:** Congratulations to the 20 finalists of SAMHSA's Recovery Innovation Challenge, an initiative seeking to identify innovative practices in behavioral health that advance recovery in the community. Below we highlight 3 finalists from the Southeast region.
 - **Chainless Change: Peers Optimistically Working to End Recidivism (POWER).** Deeply rooted in the value of lived experience, Chainless Change serves as a community of recovery, advocacy, and support for those negatively impacted by the criminal legal system in South Florida. Our innovative community-led peer support program, POWER, offers a viable pathway to self-sufficiency, vitality, and sustained recovery for justice-involved individuals with behavioral and mental health conditions.
 - **South Florida Wellness Network, Inc: Take Back the Streets.** South Florida Wellness Network, Inc. is a peer-run Recovery Community Organization with the mission to support recovery, resiliency & wellness for adults, youth and families facing substance use and/or mental health challenges in Broward County, Florida. Their services include: Peer Support, Crisis Support, Inmate Re-entry, Outreach/Navigation, and Certified Trainings. With this Naloxone education and distribution initiative, the goal is to promote great opportunities for those in need and provide access to the right resources.
 - **Voices of Hope: Advancing Recovery in Kentucky.** Voices of Hope, in Lexington, KY, is a peer led, recovery community organization that provides recovery support services in a recovery community center, at 25 scheduled sites via a mobile recovery van, and at 40 additional partner sites. Services include recovery coaching, telephone recovery support, and the provision of a rideshare service for linkage and retention to medication appointments.

We look forward to learning which of the 20 finalists advance to the final round of judging, scheduled for the week of September 12. Congratulations to all!

**Tell us
about an
initiative
or success
at your
agency.
Email us:
[info@south
eastmhttc.
org](mailto:info@south
eastmhttc.
org)**





MHTTC & SAMHSA Updates

- **MHTTC Celebrates Its 4th Year**



Check out the [MHTTC Network website](#) to learn more about the events and activities that were completed during this past year, including school mental health initiatives, racial equity & cultural diversity resources, and 988 & crisis resources.

- **SAMHSA** recently released an [Advisory on Peer Support Services in Crisis Care](#). This advisory discusses the role of peer support workers and models of peer support services that are available to assist individuals who are experiencing a crisis. Peer support services are a vital component of crisis care.

[View Resource](#)

- **Did you know...September is also Kinship Care Month.** The [National Center on Substance Abuse and Child Welfare \(NCSACW\)](#), a joint initiative between SAMHSA and the Administration of Children and Families (ACF), is hosting a webinar on services and supports for kinship families affected by substance use and co-occurring mental health disorders. Webinar attendees will learn about specific needs, services, and supports available to help kinship and grandfamilies affected by substance use and mental health disorders.

[>>Kinship Families Affected by Substance Use & Mental Health Disorders](#)
Wednesday, September 14 | 1:00 - 2:30 PM (ET)

[Register Here](#)

- Join **SAMHSA** on September 20th | 1:00 PM (ET) for a webinar discussing its to be released guide titled "**Addressing Burnout in the Behavioral Health Workforce through Organizational Strategies**". Presenters will discuss the goals of the guide, highlight findings, and explore evidence-based, organization-level strategies and promising practices to address burnout within the behavioral health workforce. Representatives from organizations featured in the guide's case studies will discuss development of their policies or programs to address burnout.

[>>Addressing Burnout in the Behavioral Health Workforce Through Organizational Strategies](#)
Tuesday, September 20 | 1:00 - 2:00 PM (ET)

[Register Here](#)

Be sure to visit the MHTTC Network and SAMHSA sites for additional Resources

